

2nd Street Studio

644 N 2nd St Breese, IL 618-526-0777

CALENDAR

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WELCOME

Fall Classes

September 14th – November 20th

It's been a great summer. Now it's time to get to work! New for this session - 30 minutes of Yoga. Along with the Yoga, we'll work in Tai Chi and some meditation (no chanting, though). This is a class you'll want to take consistently.

We have a price package to save you money. You can take all the classes on the schedule for \$65. If you want to come just on Tuesdays and Thursdays the price is \$50. If you want to come just on Saturday morning the cost is \$25.

Classes start run for 10 weeks. Please note: No classes on Saturday, November 6th and no P.M. classes on Thursday November 11th.

Try all Donna's classes you want for FREE September 14th - Sepetember 18th. Invite a friend. There is no obligation to join.

See the new fall schedule [HERE](#).

Here's how to register:

Print out the [registration](#) and [release](#) forms. Please sign up for only the classes you plan to attend regularly on the registration form and sign the release form. Enclose a check.

Then, do one of the following...

1. Mail the forms and check to:

2nd Street Studio
644 N. 2nd St.
Breese, IL 62230

2. Deliver the forms and check through the slot in the front of the studio.

3. Bring your completed forms and check to the first class you attend.

October - 2010

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

[View Full Calendar](#)

2nd Street Studio

Today Saturday, October 12

7:00am

STEP

7:45am

TPY w/ WEIGHTS

Tuesday, October 12

8:00am

STEP

8:45am

TPY

4:30pm

CARDIO/TONING INTER

5:30pm

ABS & BACK

6:00pm

STEP

Thursday, October 14

8:00am

FUNCTIONAL FITNESS

8:45am

ABS & BACK

4:30pm

STEP CIRCUIT w/ 15-M

5:30pm

YOGA

6:00pm

CARDIO/TONING INTER

Saturday, October 16

7:00am

STEP

7:45am

TPY w/ WEIGHTS

Tuesday, October 19

8:00am


STEP

8:45am

TPY

4:30pm

CARDIO/TONING INTER



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